

*Washington State*  
*Alcohol and Other Drug Information School*

**Course Evaluation and  
Pre/Post-test Results**

**2008**



# Introduction

In 2005, the Washington State Department of Social and Health Services partnered with The Change Companies® to standardize and update the Alcohol and Other Drug Information School (A/DIS) program. A/DIS is a specialized education course intended to help people make positive changes to high-risk attitudes and behaviors. A/DIS is based on the belief that people have the power to change their behavior if they have the motivation and tools to do so. The curriculum promotes positive decision-making and the reduction of recidivism through the presentation of accurate information, use of *Interactive Journaling*® and the application of Stages of Change and motivation research.

Curriculum evaluation and revision is an ongoing process. In order to gather feedback, facilitators administer a course evaluation at the conclusion of the program. To document measurable changes in knowledge and attitudes, each participant completes a pre- and post-test. This information provides both quantitative and qualitative data about the course.

This report reflects the results from approximately 2,830 student course evaluations and approximately 1,130 pre/post-tests that were returned for 2008 from the following locations:

- |               |             |                |                 |               |
|---------------|-------------|----------------|-----------------|---------------|
| • Auburn      | • Edmonds   | • Longview     | • Redmond       | • Tacoma      |
| • Bellevue    | • Enumclaw  | • Lynnwood     | • Renton        | • Taholah     |
| • Bellingham  | • Everett   | • Moses Lake   | • Republic      | • Toppenish   |
| • Blaine      | • Ferndale  | • Naselle      | • Richmond      | • Tukwila     |
| • Bonney Lake | • Grandview | • Olalla       | • Seattle       | • Union Gap   |
| • Bremerton   | • Kennewick | • Pasco        | • Sedro-Woolley | • Vancouver   |
| • Burlington  | • Kent      | • Port Angeles | • Sequim        | • Walla Walla |
| • Clarkston   | • Lacey     | • Port Orchard | • Shelton       | • Wenatchee   |
| • Deer Park   | • Lakewood  | • Pullman      | • Spokane       | • Yakima      |

Course evaluations provide valuable insight into the students' program experience. Overall, student feedback reflects a positive attitude toward the program and its instructors.

Section I outlines demographic information collected from the students from the survey's first three questions. Section II summarizes the responses from questions four through 20. These questions offer students specific response choices and therefore provide measurable and concrete results. A sampling of student responses to the course's Pre/Post-test is provided in Section III of this report.

# Section I

## Student Demographics

## Question 1: Gender

Male	72.5%
Female	27.5%

## Question 2: Age

15-19	15.0%
20-29	40.8%
30-39	18.4%
40-49	14.4%
50-59	8.6%
60+	2.8%

## Question 3: Ethnicity

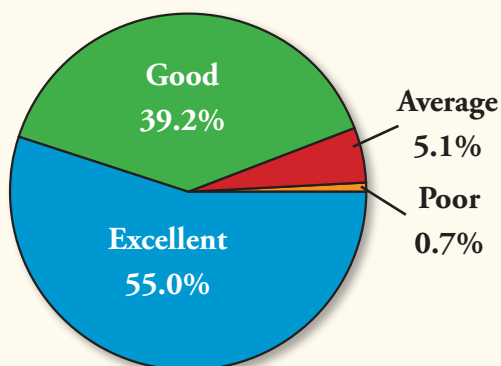
African American	6.2%
American Indian	3.9%
Asian/Pacific Islander	4.9%
Hispanic/Latino	12.2%
White/Caucasian	69.4%
Other	3.4%

# **Section II**

## **Rating the Program Components & Instructors**

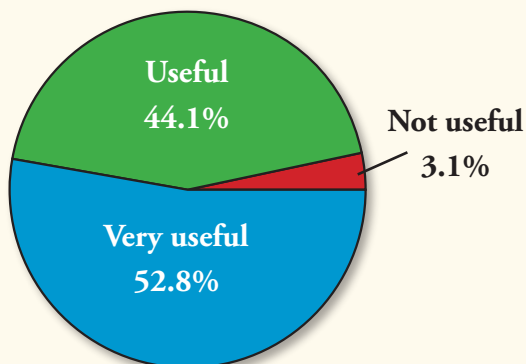
## Question 4

Overall, how would you rate this course?



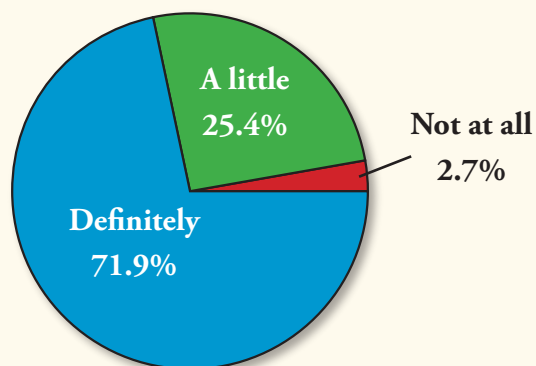
## Question 5

How useful was the Participant Workbook in helping you meet your goals for the course?



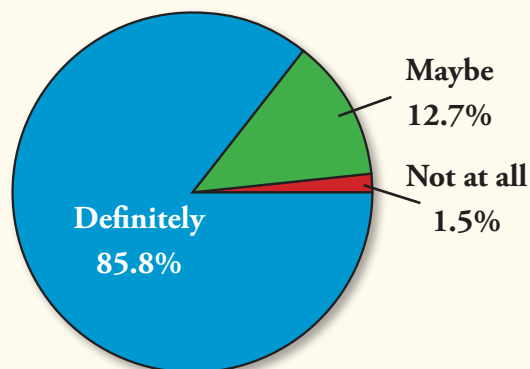
## Question 6

Did the questions in your Workbook help you to think differently about your high-risk behaviors?



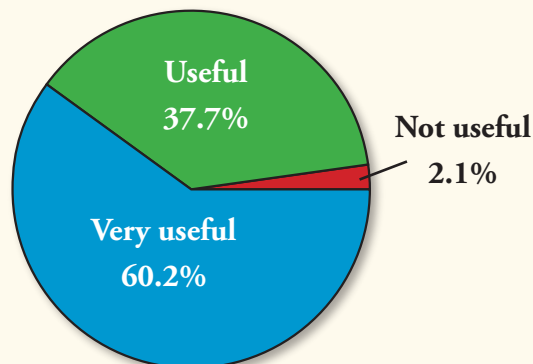
## Question 7

Will this course help you make more informed decisions about substance use?



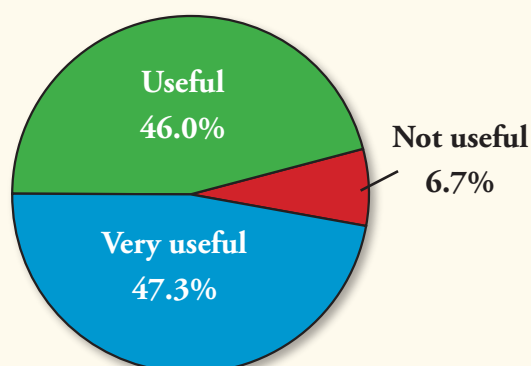
## Question 8

How useful were the class discussions in helping you meet your goals for the course?



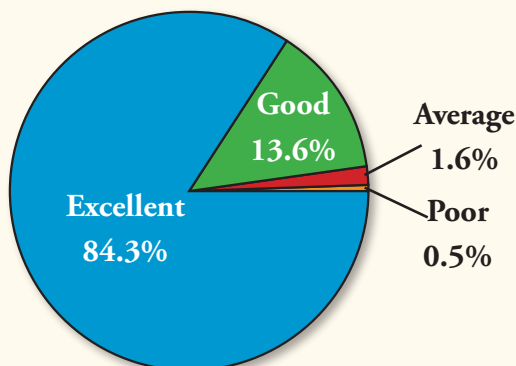
## Question 9

How useful were the small group activities in helping you meet your goals for the course?



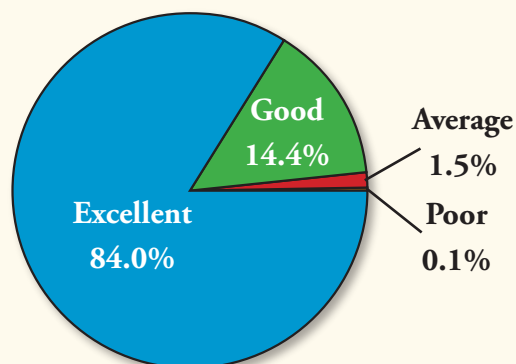
## Question 10

How would you rate your instructor in the area of being prepared?



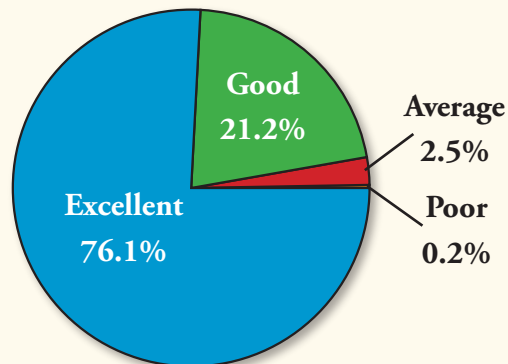
## Question 11

How would you rate your instructor in the area of making participants feel comfortable?



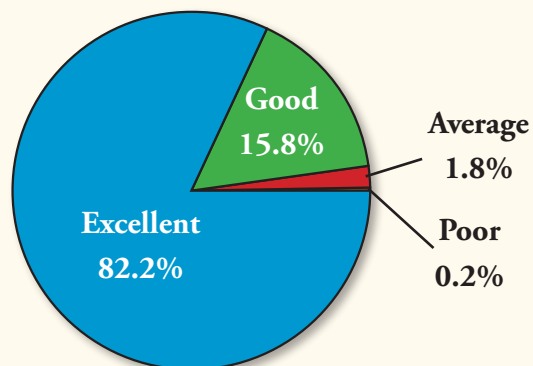
## Question 12

How would you rate your instructor in the area of involving everyone in discussion?



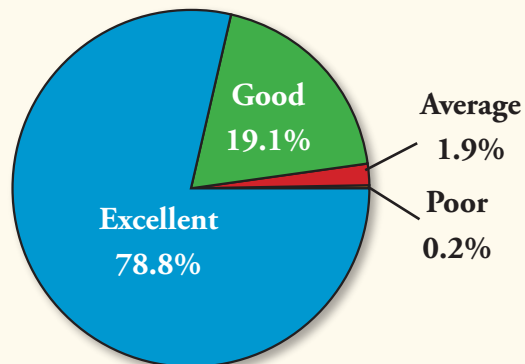
## Question 13

How would you rate your instructor in the area of explaining the material clearly?



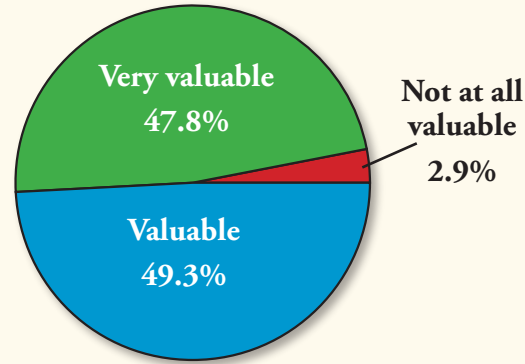
## Question 14

How would you rate your instructor in terms of overall quality?



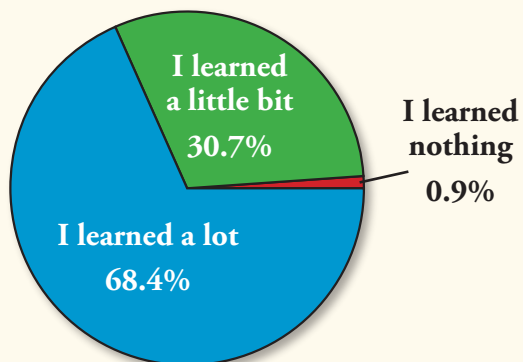
## Question 15

How valuable was the course material in helping you change your behavior?



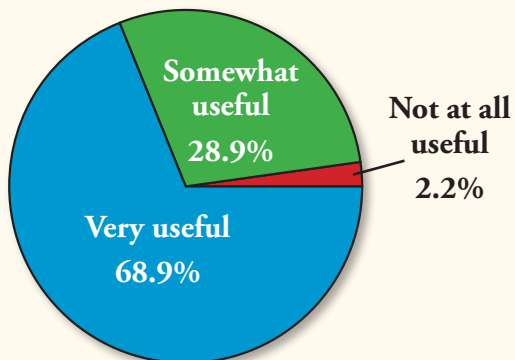
## Question 16

How much did you learn from the course?



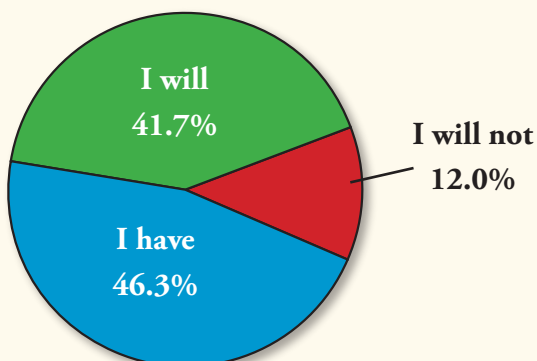
## Question 17

How useful do you think the course information will be to you in the future?



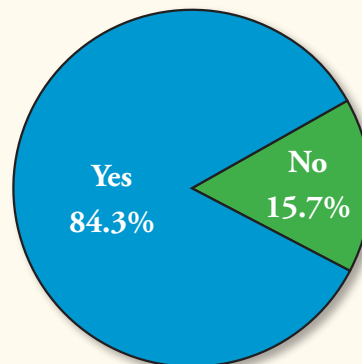
## Question 18

Have you or will you share your Participant Workbook with anyone outside the class?



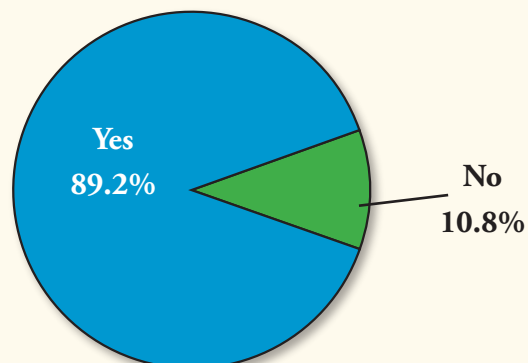
## Question 19

Will you keep your Participant Workbook after the course ends?



## Question 20

Do you feel this program helped you make a change in your behavior?



## **Section III**

### **Pre/Post-test Results**

# Pre/Post-test Introduction

All A/DIS participants complete a standardized pre/post-test that measures both knowledge and attitude. This 23-item multiple choice test is administered at the beginning of the program and again at its conclusion.

The first 12 questions evaluate student knowledge in the areas of alcohol/other drug absorption and elimination, impairment, driving risk, symptoms of substance abuse and dependence and Washington DUI laws and penalties.

The remaining 11 questions assess student attitudes related to the risks of impaired driving, personal responsibility for behavior and consequences, substance abuse and commitment to change. Attitude scores are measured using a multiple choice Likert scale from “strongly agree” to “strongly disagree.”

A sample of approximately 1,130 completed pre/post-tests were submitted to The Change Companies® for analysis. Improvements in both knowledge and attitude were observed in a significant percentage of program participants.

## Positive Outcomes

Students demonstrated the following improvements:

- 89.6% improved knowledge scores between pre- and post-testing.
- 59.1% improved knowledge scores by three or more additional correct answers on post-test.
- 64.6% showed some positive change in attitude at post-testing. Examples of specific findings follow on pages 11-12.

## Question 13

*If I have just one or two drinks, my driving could be affected.*

	Pre-test	Post-test
Strongly disagree	38	35
Disagree	66	30
I don't agree or disagree	128	39
Agree	582	394
Strongly agree	278	595

	Pre	Post
Disagree	104 (9.5%)	65 (5.9%)
Agree	860 (78.8%)	989 (90.5%)

*The number of students who either agreed or strongly agreed with this statement increased 11.7% between pre-test and post-test. At the same time, the number of students who either disagreed or strongly disagreed with this statement decreased 3.6% from pre-test to post-test. Given that “strongly agree” is the most desirable response, it is noteworthy that the percentage of students responding this way rose from 26% to 54% from pre- to post-testing.*

## Question 14

*I would not feel safe riding with a driver who has consumed six drinks in two hours.*

	Pre-test	Post-test
Strongly disagree	47	41
Disagree	21	12
I don't agree or disagree	59	27
Agree	305	217
Strongly agree	676	809

	Pre	Post
Disagree	68 (6.1%)	53 (4.8%)
Agree	981 (88.5%)	1,026 (92.8%)

*The number of students who either agreed or strongly agreed with this statement increased 4.3% between pre-test and post-test. At the same time, the number of students who either disagreed or strongly disagreed with this statement decreased 1.3% from pre-test to post-test. Given that “strongly agree” is the most desirable response, it is noteworthy that the percentage of students responding this way rose from 61% to 73% from pre- to post-testing.*

## Question 19

*I am less likely to abuse alcohol or other drugs as a result of my arrest experience.*

	Pre-test	Post-test
Strongly disagree	51	25
Disagree	44	17
I don't agree or disagree	130	79
Agree	344	307
Strongly agree	529	677

	Pre	Post
Disagree	95 (8.7%)	42 (3.8%)
Agree	873 (79.5%)	984 (89.0%)

The number of students who either agreed or strongly agreed with this statement increased 9.5% between pre-test and post-test. At the same time, the number of students who either disagreed or strongly disagreed with this statement decreased 4.9% from pre-test to post-test. Given that “strongly agree” is the most desirable response, it is noteworthy that the percentage of students responding this way rose from 48% to 61% from pre- to post-testing.

## Question 22

*I will not go out drinking again unless I have a way to get home without driving myself.*

	Pre-test	Post-test
Strongly disagree	30	20
Disagree	15	9
I don't agree or disagree	79	37
Agree	361	276
Strongly agree	614	772

	Pre	Post
Disagree	45 (4.1%)	29 (2.6%)
Agree	975 (88.7%)	1,048 (94.1%)

The number of students who either agreed or strongly agreed with this statement increased 5.4% between pre-test and post-test. At the same time, the number of students who either disagreed or strongly disagreed with this statement decreased 1.5% from pre-test to post-test. Given that “strongly agree” is the most desirable response, it is noteworthy that the percentage of students responding this way rose from 56% to 69% from pre- to post-testing.

# *Washington State*

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